

A system and method for recovering a database table that resides on a tablespace receives a backup copy of the tablespace and reads log records associated with the table.

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: a control group and an experimental group. The control group received a standard training program, while the experimental group received a modified training program. The experimental group was further divided into two subgroups: a low-intensity subgroup and a high-intensity subgroup. The subjects were trained for 12 weeks, and their performance was measured at baseline, 6 weeks, and 12 weeks. The results showed that the experimental group, particularly the high-intensity subgroup, showed significant improvements in performance compared to the control group.